



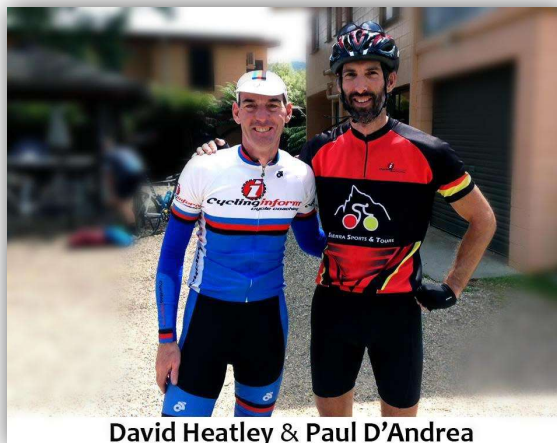
EPIC GIRONA CYCLING TOUR

Barcelona, Girona & Costa Brava (Spain)



Meet your 'EPIC GIRONA' Cycling Tour Directors

Sierra Sports & Tours and Cycling-Inform are pleased to present two packages for cyclists wanting to ride the most epic mountain passes and scenery in Italy and Spain. During 2026 we will kick things off with a Sardinia cycling adventure before moving immediately over to Spain to conquer Girona (Costa Brava). The tour groups will be capped at 15 riders to keep the experience intimate and to be able to provide excellent support to all our guests.



David Heatley & Paul D'Andrea

*This document focuses on the itinerary for the **EPIC GIRONA** tour only!*

The Sierra experience in Europe and the coaching support from Cycling-Inform will help you go back-to-back across the Sardinia and Costa Brava peaks! David from Cycling-Inform has 20+ years successfully preparing recreational and age group riders for the challenges of their lives; getting riders over WTF corner at Peaks Challenge ride, 25 Bright Boot Camps in the Victorian High Country, training cyclists for the world's biggest gran fondos including Europe's famous Haute Route events and preparing hundreds of clients for their own European cycling adventure. Now combined with the logistical support from Paul and his Sierra team, their European base, plus 15 years of rolling out first class cycling tours these Epic Sierra / Cycling-Inform packages are a match made in cycling heaven.

Our story dates back to 2014 where we met at Peaks Challenge to assess ideas for future collaboration. By 2015 Paul from Sierra was riding a Cycling-Inform Bright Boot Camp to kick start his European cycling guide training. Jodie and David in the same European spring were conquering the cobbles and pave at Flanders and Roubaix. In 2017 Cycling-Inform were back to Europe with Sierra on some the biggest alpine passes at La Vuelta a España. To follow the professional riders Cycling-Inform also joined Sierra at the 2019 Criterium du Dauphine. During 2023 Sierra and Cycling-Inform joined forces to roll-out the first Epic French Alps and Italian Alps cycling tours. In 2025 the alliance continued with another set of back-to-back Epic Pyrenees and Epic Italian/Slovenian tours.

Now in 2026 we are pleased to present the **EPIC SARDINIA** and **EPIC GIRONA** trips of your lifetime!

2026 Epic Girona Cycling Tour

Cycling the Costa Brava inside out!

Find out why Girona and the Costa Brava region is considered by many as the place to be when it comes to road cycling. The roads zip along the Mediterranean coast, cross over interior mountains, visit spectacular lakes and climb up to some simply breathtaking lookout points.

You will start and finish your cycling tour in Barcelona but in between move through five different but equally stunning bases. The initial nights in Girona enjoy the buzzing cycling culture that is all around, followed by two authentic Catalan coastal town experiences and a few relaxing nights in the interior with a strong Salvador Dali theme!

This tour is perfect for cyclists who like to ride medium length climbs but who equally enjoy undulating roads and flowing descents on smooth asphalted roads. We guarantee you a variety of picture-perfect views from hilltop monasteries, small coastal coves and beaches and serpentine roads out to remote Mediterranean peninsulas!

What makes this tour EPIC in our opinion is the grand variety of climbs throughout the region. Rocacorba, Els Angels, Sant Pellaia, Sant Grau, Sant Pere de Rodes, Col du Banyulls, Mare de Deu del Mont, Condreu and Bracons are all quietly waiting for you. The combination of mountains, agricultural fields, medieval towns and coastline all within a stone throw of each other means the scenery never gets boring!

Catalan cuisine is also highly regarded and the ‘fideua’ and ‘crema catalana’ are musts! Wine from the Alt Emporda region, which is close to the Spain/France border, is also very well regarded and there will be ample testing opportunities.

What an amazing ten-night holiday awaits through the best of Girona and the Costa Brava!



HIGHLIGHTS

- ✓ Cycle the coastal road from Tossa de Mar to Sant Feliu du Guixols
- ✓ Test yourself on **'Els Angels'** and **'Rocacorba'** (emblematic Girona climbs)
 - ✓ Be amazed as you ride out to the 'Cap de Creus' lighthouse
 - ✓ Enjoy the Catalan charm in the coastal gem of Calella
 - ✓ Cycle the epic Mare de Deu del Mont climb!
 - ✓ Ride out to the Spain/France border on 'Coll du Banyuls'
- ✓ Enter the world of Salvador Dali as you spend some time in Figueres

ITINERARY

DAY ONE – Friday 19 June 2026 – Barcelona to Girona

Pre-tour we recommend you spend a day or two enjoying all the sights of Barcelona (La Sagrada Familia church, Parc Guell, La Rambla, La Pedrera ...). This morning though we will be available to meet you in the reception of Hotel Grums Barcelona at approximately 10:00am. You are in no way obliged to stay at Hotel Grums Barcelona but previous groups have enjoyed its location, quality and services.

From Barcelona we drive 1hr to the outskirts of Girona which is undoubtedly one of Europe's key cycling destinations. Costa Brava is perfect for cyclists who like to ride medium-sized climbs but who equally enjoy undulating roads and flowing descents! We will prepare the bikes and head out for an introductory ride. Tonight you will enjoy a tour welcome dinner with the Sierra guides and a tour briefing to set out the plans for the brilliant rides that now await!

Meals

Dinner

Destinations

Sant Hilari Sacalm

Today's Ride

75km / 1200m

Accommodation

Girona (Costa Brava, Spain)



DAY TWO – Sat 20 June 2026 – Tossa de Mar to Sant Grau

Today you will cycle a fantastic ride through the hills south of Girona towards the Mediterranean coastline. Today there are some shorter pinches to contend with before descending to the coastline at Tossa de Mar. 'Tossa' is a great place to grab a coffee and restore your energy for the undulating coastal road that will now begin. This is a beautiful stretch of road that is frequently used by the Volta a Catalunya professional cycling race. The main challenge for the day though comes in the form of 'Sant Grau' at the KM50 mark. This 7km climb includes a 6% average grade, however, in the final kilometre there are ramps of 15%. Those with some training in the legs will really enjoy today's ride.

Meals

Breakfast

Destinations

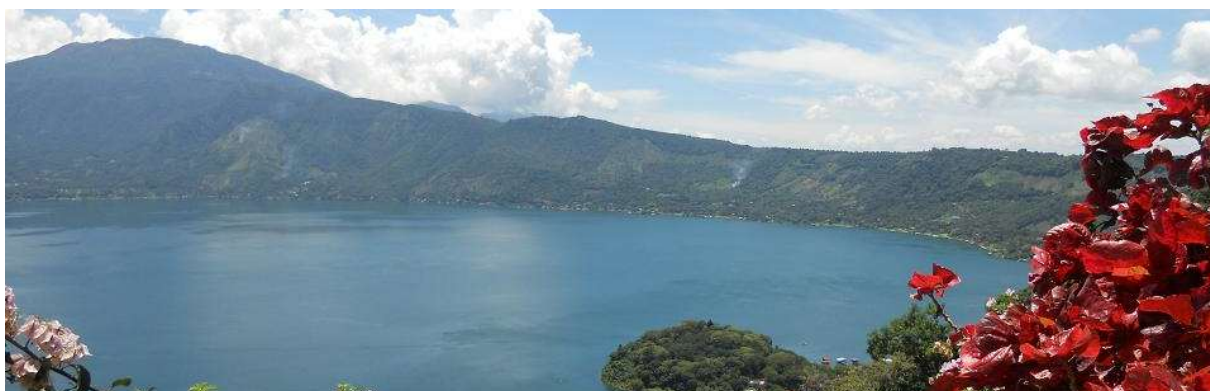
Tossa de Mar

Today's Ride

95km / 1250m

Accommodation

Girona (Costa Brava, Spain)

DAY THREE – Sun 21 June 2026 – Banyoles & Rocacorba

The ride leaves central Girona and heads north to the edge of Lake Banyoles (home of the 1992 Barcelona Olympic rowing). This beautiful setting is home to the biggest natural lake in the region. A tectonic crater, Lake Banyoles, was formed 250,000 thousand years at the same time as the Pyrenees mountains. However, before enjoying the lakeside views you have a date with destiny - Rocacorba! This climb has become famous in recent years with professional riders using the ascent to measure their cycling condition. While the 13.5km is characterised by a 6% average gradient it is the final 5km which are really tough and constantly maintain ramps hovering around double-digit gradients! Back down at lake level you can enjoy some lunch at one of our favourite cafes before riding back into Girona!

**Meals**

Breakfast & Dinner

Destinations

Lake Banyoles

Today's Ride

115km / 1600m elevation gain

Accommodation

Girona (Costa Brava, Spain)

DAY FOUR – Monday 22 June 2026 – Els Angels to Calella

Another hotel to hotel ride is on offer today. As we say goodbye to Girona the anticipation builds as we begin the approach to our favourite coastal town on the Costa Brava; Calella de Palafrugell. The cycling route goes accumulating metres at a very achievable rate. Three fun ascents will greet you including:

- (i) Els Angels (11.1km at 3.2% ave grade)
- (ii) Sant Pellaia (8.5km at 3.3% ave grade), and
- (iii) Romanya la Selva (3.4km at 5.2% ave grade).

The final 15 kilometres wind their way through quiet backroads and you will be amazed with your first views of the beach in Calella de Palafrugell. A scenic coastal town with small coves for swimming and relaxing. An authentic Costa Brava experience!



Meals

Breakfast & Dinner

Destinations

Santuari de Els Angels

Today's Ride

100km / 1500m elevation gain

Accommodation

Calella (Costa Brava, Spain)

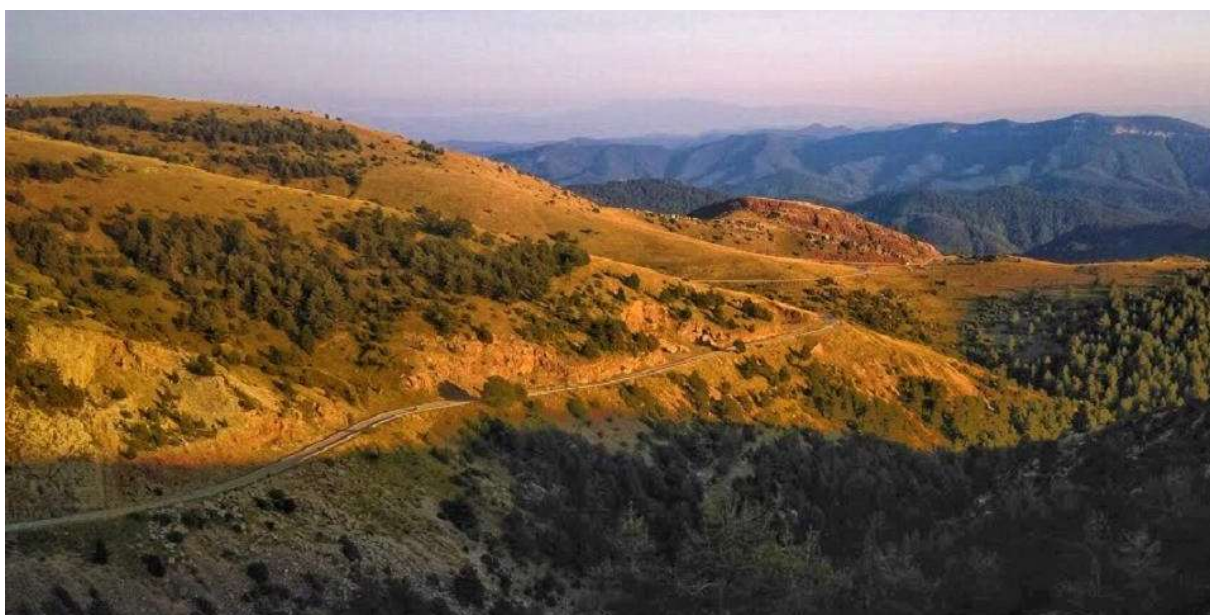
DAY FIVE – Tuesday 23 June 2026 – Medieval Monells



Riding from the hotel and you encounter some stunning medieval architecture as you ride into the quaint village of Peratallada. There will be time for a coffee stop in the plaza adjoining the castle which was built somewhere between the 11th and 13th centuries.

Back on the bikes and now it is time to encounter Les Gavarres mountains and the climb up to the Els Angels Monastery (today you climb the side which was descended yesterday). They say this is the church where Salvador Dali was married. This is one of the most popular rides in the region and its 5.5km at 6.5% average gradient is a good test, especially considering the steepest ramps hit 11%.

The descent takes you through to Monells which is a small medieval town located in La Baix Emporda region. Its main features are the yellowish stone houses, arches and cobblestone floors which have formed the film set for many Spanish feature movies. There will be time for lunch in its main plaza. The loop back to the hotel passes smooth, beautifully asphalted roads with many undulations that will keep things very interesting.

**Meals**

Breakfast

Destinations

Monells

Today's Ride

95km / 1200m elevation gain

Accommodation

Calella (Costa Brava, Spain)

DAY SIX – Wednesday 24 June 2026 – Coast to Coast

After five consecutive days on the bike most clients find this transition ride from coast to coast a great active recovery ride. Today we change hotels and with this our base moves to beachside Roses. Following breakfast the group will roll out of the hotel. The cycling on offer is best described as a transitional day with 90km of ‘flatter’ riding through to our new hotel for the next two nights. With some solid days in the saddle still to come, today will be the perfect ride to make sure you are feeling stronger as the tour goes on. Don’t worry though, there will be a solid test with the kicker up to the lighthouse overlooking Llafranc!

**Meals**

Breakfast

Destinations

Sant Sebastia lighthouse

Today's Ride

90km / 1000m elevation gain

Accommodation

Roses (Costa Brava, Spain)

DAY SEVEN – Thursday 25 June 2026 – Cap de Creus

Today we have designed an excellent ‘all-rounder’ ride for you all. The route includes three climbs which again all range between 5-8km in length. However, to get things started the ride from Cadaques heads out to the most eastern point on the Iberian peninsula (**Cap de Creus**). The road constantly dips and winds through an abrupt rocky landscape which is a sight for sore eyes.

For many past guests we have saved the best for last though. The final climb of the day arrives at the picturesque Benedictine Monastery with its curving roads and spectacular coastal views all combining to create a most memorable experience. The ‘Sant Pere’ climb provides views of the Mediterranean all the way up!

Tonight in true Spanish style we would like to invite you to our favourite paella and fideuá restaurant on the Costa Brava! Buen provecho!





Meals

Breakfast & Dinner

Destinations

Cadaques

Today's Ride

75km / 1600m elevation gain

Accommodation

Roses (Costa Brava, Spain)

DAY EIGHT – Friday 26 June 2026 – Enter Salvador Dali

After yesterday's cycling heroics on the Sant Pere de Rodes climb, today we take a ride with a historical context. The route heads north-west to the low-lying Coll de Banyuls (365m altitude) on the French border. For those who like history this route was made famous during the Spanish civil war (1939). Hundreds of thousands of Spanish quickly escaped into France as Franco took control of Barcelona.

The route later meanders through the vineyards of the famous Alt Emporda wine region before stopping into Peralada. This small medieval township includes an historic old town and its principal attraction is the 14th Century castle Castillo de Peralada. All that remains now are some easy kilometres through to Figueres which will be our home for the next two nights. Figueras is famous as Salvador Dali's birthplace and during the early evening you will have time to visit a collection of his surreal artwork in the museum going by his own name!

**Meals**

Breakfast

Destinations

Peralada

Today's Ride

95km / 1250m elevation gain

Accommodation

Figueres (Costa Brava, Spain)



DAY NINE – Sat 27 June 2026 – Mare de Deu del Mont

A challenging day on the bike now awaits but it is full of surprises and changing landscapes at every corner. Cycling from the hotel and the climb up to Mare de Deu del Mont at 1085m altitude will be sure to impress. The 360° degree views from our favourite platform on the Costa Brava makes the energy expended well worth it. Mare de Deu del Mont is an 18km climb with an average gradient of 5%. The final 3km though never drop below 10% making it a true cycling test. The 20km descent down towards medieval Besalu will be one to savour!

Riding into Besalu and its spectacular 11th Century medieval bridge will leave a lasting impression on the group. Its seven arches that span the Rio Fluvia have well and truly put Besalu on the map. The route then takes you through to Castellfollit de la Roca. This small town has been dramatically built on a basalt flow and rock escarpment. Post-ride there will be a 30 minute van transfer back to the hotel. We also have a wonderful dinner planned for tonight. KMO cooking at its absolute best!



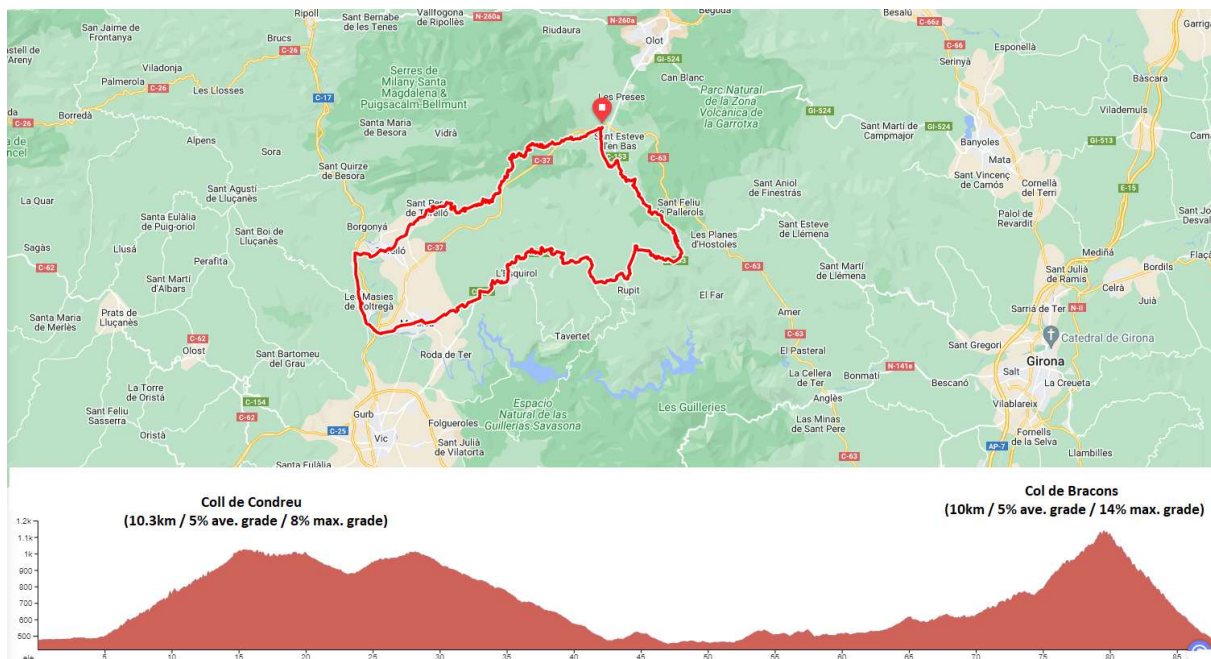
Meals: Breakfast & Dinner

Destinations: Besalu

Today's Ride: 100km / 1550m elevation gain

Accommodation: Figueres (Costa Brava, Spain)

DAY TEN – Sunday 28 June 2026 – Coll de Condreu



It might be the last day of cycling but we have a scenic finale for you all. Following an early breakfast there will be a 1hr van transfer to the Vall de Bas region. The loop ride on offer is one of the best on the Costa Brava in our opinion. Being quite removed from Girona it is an area where you will typically only find local cyclists. The Sierra team fell upon the route back in 2023 when we were working with a private group who were looking for a serious challenge. The bulk of the ride has been designed following the successful local Gran Fondo called ‘La Terra de Remences’. The Gran Fondo is held every May with over 2000 cyclists taking on the same climbs you will now encounter. The important climbs you will conquer today include ‘Coll de Condreu’ (10.3km at 5% ave grade) and ‘Coll de Bracons’ (10km at 5% ave grade). All that remains now is to celebrate your cycling adventure in style!

Meals: Breakfast & Dinner

Destinations: Vall de Bas

Today's Ride: 100km / 1750m elevation gain

Accommodation: Vall de Bas (Costa Brava, Spain)

DAY ELEVEN – Monday 29 June 2026 – Goodbyes

Following breakfast our guides will be available to transfer you to Barcelona Airport (1hr 30 min). We can have you at Barcelona airport by 12.00 noon so please keep that in mind when organising any onwards flights. We trust you have enjoyed your Epic Girona cycling experience!

Meals: Breakfast



WHAT'S INCLUDED

Tour Package:

Epic Girona (19 – 29 June 2026)

Tour Inclusions:

10 nights accommodation (twin share), 3/4 star hotels
All breakfasts included & 6 dinners with beer & wine
10 epic guided rides (includes support van & mechanic)
Food and drink during rides
Commemorative cycling jersey
Comprehensive tour booklet (ride maps and profiles)
On-road climbing & descending classes

Price: 4300 Euro (Payment in \$AUD available)

Minimum 6 participants / Maximum 15 participants

EXTRAS

Cycling-Inform 24 week training package (includes coaching & mentoring): \$AUD 2800

Premium tour pack: 1500 Euro

(Includes daily bike clean & tune, 4 laundry services, daily 30min massage & all dinners)

Single room supplement: 850 Euro

Carbon road bike hire (Mechanical 105 shifting, 11/32 cassette, rim brakes): 300 Euro

Carbon road bike hire (Di2 105 electronic shifting, 11/34 cassette, disc brakes): 500 Euro

3 nights Transition Package (Barcelona, 16 to 19 June 2026): 1800 Euro

CONTACT



Sierra Sports & Tours specialises in European road cycling tours with annual trips through France, Italy, Spain, Belgium, Portugal, Slovenia & Switzerland. Cycling is our life, bike travel our passion and our number one priority is to support you in your quest to cycle the very best of Europe!

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Cycling-Inform has nearly two decades of cycling coaching experience in customising training plans and master classes for recreational riders and racing cyclists. Our focus is on effective training so you achieve real breakthroughs with your cycling performance.

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